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GUIDE TO ROOMING HOUSES

Coun. Janice Lukes wants to translate hard-to-grasp bylaws to plain English, as well as Hindi and Chinese

metroNEWS

DONNA MAXWELL/FOR METRO

No room for grumbling in forecast

Warm weather will continue: Meteorologist

Donna Maxwell
For Metro | Winnipeg

The favoured Winnipeg pastime of complaining about the weather doesn't seem to be in the forecast this fall, at least not according to the fine folks at The Weather Network.

Meteorologist Kelly Sonnenburg brightened an already sunny day when she said the above-normal temperatures we've been experiencing should continue.

"These temperatures are mostly going to continue into September," Sonnenburg said.

She said the 15 to 30 C range is still normal temperature for the end of summer, as fall is a time of transitions and fluctuations.

September and October should both be average, Sonnenburg said, noting the average for Winnipeg in September is about 19 C.

However it's the winter that should get Tobans excited.

In late October, Ontario and Quebec are expected to see a below-average temperatures and Sonnenburg said Manitoba might escape the chill.

An El Nino — which means there's warmer-than-average sea-surface temperatures off the west coast of South America — should blow warm weather our way.

But all the warmth could disappear when El Nino moves towards the central Pacific Ocean and drops temperatures to below normal in January and February.

"While the winter may start off fairly mild, it looks like we're going to be ending off a little bit cooler."

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Your essential daily news

Zimbabwe cools off on extraditing killer of Cecil the lion. **World**

Family hosting superhero walk in memory of son

CHILDHOOD CANCER

Maddox's Warriors plan to raise money for research

Alana Trachenko
For Metro | Winnipeg

In 2014, the Suzio family was struck by a tragedy that changed them forever. Suzanne and Marco Suzio were told their eight-year-old son Maddox had a tumor in his brain, and that he had only months to live.

Maddox's rare brain cancer was untreatable, and the family was told to go home and make memories.

"If you're told something like this, you want to at least have a fighting chance," Marco said. "And the fact that you're told it's zero per cent, that's the really hard part to take."

Maddox passed away five months later at the age of 9.

"After the initial shock and after he passed away, we knew we didn't want other families to go through what we went through," said Marco. "We wanted more research and awareness for (childhood cancer). It took us a while to talk about it, but we finally made a non-profit in his name."

Maddox's Warriors was born in 2015 in an attempt to raise money for research as well as awareness.

"The diagnosis of childhood cancer hasn't changed in like 60 years," Marco said. "That's frustrating."

On Sept. 27, Maddox's Warriors will be putting on its first five kilometre walk and run at Kildonan Park. Marco and Suzanne wanted to have the event in September, Childhood Cancer Awareness Month. The event is superhero themed and families are invited to dress up in their favourite superhero costumes.

"Maddox loved superheroes and anything about it," Suzanne said. "Every year he dressed up as a different superhero for Halloween. We thought it would be a good way to honour him and to make it fun."

The day will include visits from Batman and Spiderman, and the Suzios hope it will be a fun day for families to enjoy together while supporting two of the charities that Maddox's Warriors donates to: The Dream Factory and The Cure Starts Now.

"All in all, we've raised over $10,000 so far," Marco said. "With the run we're hoping to raise $15,000 and if we do, that would be fantastic."

> **Maddox loved superheroes and anything about it.**
> Suzanne Suzio

Maddox Suzio dressed as the Wolverine. CONTRIBUTED

NINTENDO HQ

Dream comes true for local 10-year-old

A 10-year-old boy living with a life-threatening condition recently had his Nintendo dreams come true thanks to the Dream Factory.

Shea Sparling lives with polyarteritis nodosa, and his dream was to visit Nintendo headquarters in Seattle and meet his hero, Reggie Fils-Aimé, the president of Nintendo of America.

"When we met with Shea about his dream, it was so wonderful and adorable because he was so specific about what he would like to do for his dream," said Grace Thomson, executive director of The Dream Factory.

Shea's family was grateful for the opportunity.

"We had so much fun," said Shea's mother Carole Dufault, "They had signs welcoming us and we went on a tour of the building. We met with Reggie and the kids even played a game of Mario Kart with him.

"He was so gracious and relaxed and spent time chatting with Shea, answering his questions."

The Dream Factory is a Manitoba-based charitable organization dedicated to fulfilling dreams for kids who are battling life-threatening illnesses. METRO

Shea Sparling, centre. SUPPLIED

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Weekly Transit News Update

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Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge and via Kenaston) and 160 will be lined up on Chancellor Matheson heading west towards Pembina. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park and Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Road. Visit bluebombers.com for more Park & Ride information.

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Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

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Janice Lukes says illegal rooming houses are bad for the neighbourhood and for students living in them. DONNA MAXWELL/FOR METRO

Councillor aiming for clarity on renting rules

BYLAWS

Plain English renter's guide may help curb violations

Donna Maxwell
For Metro | Winnipeg

Janice Lukes wants to create a renter's guide that'll put bylaws relating to rental properties into plain English — as well as Hindi and Chinese — so everyone from born and bred Canadians to international students can understand them better.

It's a big challenge and the South Winnipeg-St. Norbert councillor said a two-page draft of the guide prepared by city staff is "a good start," but she hopes a community update meeting on Sept. 30 will start a dialogue that will help complete the document.

"What this (guide) is, is a simplification of the bylaws," Lukes said.

"I don't know if you've ever tried to read a bylaw, but oh my goodness. Very complex, very lawyer talk."

Lukes, whose ward includes the residential areas surrounding the University of Manitoba, has become an outspoken opponent of illegal student rooming houses. Most are in violation of various city-zoning bylaws, one of the most common being multiple renters living in a home zoned for a single family.

Lukes said she's received hundreds of calls from people complaining about everything from lawns not being cut and weeds growing so tall they peek over fences to cars parked all over front lawns.

She said it's clear people who live near illegal rooming houses are frustrated, but she said there's also a concern for the safety of the students inside, many of whom are international students too scared to question a system they don't really understand.

"These students, the more I've discovered, it's horrible, despicable, just tragic what is happening to these students," Lukes said.

Lukes hopes to educate students, nearby residents and landlords about what the bylaws are and what people can do if they think bylaws are being broken.

> **"It's horrible, despicable, just tragic what is happening to these students.**
> Coun. Janice Lukes

Bylaws are complaint-based, so, in order for the city to send a bylaw officer out, someone has to complain, Lukes said. Calling 311 with your complaint is the starting point.

The Sept. 30 community update will be held at the Pinnacle Club at Investors Group Field from 7 p.m. to 9 p.m.

IN BRIEF

Selby confident she can win federal seat for NDP

Former Manitoba health minister Erin Selby is going to run for the federal New Democrats in next month's election.

Selby says she has heard many people say she can't win the St. Boniface-St Vital seat, which the NDP has never won.

But she says she heard the same thing in the 2007 provincial election, when she won a long-time Tory stronghold for a seat in the legislature.

Selby is resigning that seat today, and will be acclaimed as a federal candidate.

THE CANADIAN PRESS

COURT

Accused letter bomber to hear bail decision this week

A Winnipeg man accused of sending a letter bomb that caused a lawyer to lose her hand will hear this week if he will get bail.

Guido Amsel was back in front of a Winnipeg judge on Friday for the third day of bail hearings.

Judge Heather Pullan said she will deliver her decision Wednesday.

Amsel, who is 49, faces more than a dozen charges, including three counts of attempted murder, after three explosive devices were sent to three different Winnipeg businesses.

Family lawyer Maria Mitousis opened a device at the law office of Petersen King on July 3 and was seriously injured.

The lawyer, who had worked for Amsel's ex-wife in a civil matter, lost her right hand and has extensive injuries to her left hand and upper body.

On Friday, Amsel arrived in court wearing the same navy suit, white shirt and red tie that he wore during the first two parts of the bail hearing.

At one point, Amsel mouthed hello to his family and supporters sitting in the front row. Amsel's wife could be heard crying during part of the hearing. THE CANADIAN PRESS

Guido Amsel
THE CANADIAN PRESS

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SUSPECTED KIDNAPPING ATTEMPT

Fake cop arrested trying to nab girl

A Winnipeg man has been arrested after he allegedly tried to abduct a girl off the street by pretending he was a police officer.

Police said a group of kids were playing on Boyd Avenue near Powers Street Saturday at about 5:30 p.m. when the man came up to the group and introduced himself. The kids became frightened and ran away.

However, the man followed the group and grabbed ahold of an 11-year-old girl. He told her he was a police officer and that she was under arrest. He told her to put her hands behind her back before she started screaming for help.

Neighbours heard her screams and came to help, when the man again told them he was an officer, said police.

Winnipeg police were called and the man was arrested at about 6 p.m.

Members of the Child Abuse Unit and Sex Crimes Unit investigated and arrested Damian John Abraham, 31. He has been charged with impersonating a peace officer, abduction of a person under 14 years of age, assault and failing to comply with a recognizance. He is in custody.

METRO

COMPUTERS

Repair shop finds child pornography

A 20-year-old man who took his computer to a repair shop in Winnipeg in early July has now been arrested for having child pornography on that computer.

Police said that on July 7 a man took his laptop computer to get repaired at a business on Century Street.

When technicians ran a restoration on the computer they found child sex abuse videos with girls between the ages of 3 and 7.

Winnipeg Police said they have not yet confirmed the identity of the victims, or if they are from Winnipeg or Manitoba.

The description of the videos is "beyond disturbing," said Winnipeg Police spokesperson Jason Michalyshyn.

The Internet Child Exploitation Unit was notified about the videos by the business, and police said the investigation showed there were numerous videos of female children engaged in sexually abusive acts.

The man was arrested on Thursday on charges of accessing and possessing child pornography.

He has been released on a promise to appear.

METRO

The area around the Delta Winnipeg Hotel was blocked off for hours because of a suspicious item. COURTESY RYAN DRAHO

Forgotten backpack causes bomb scare

HEALTH SCIENCES CENTRE

Tensions high after suspicious package near hotel Thursday

Dave Baxter
Metro | Winnipeg

A Winnipeg hospital was left on edge after a suspicious package was found nearby.

Police were called to the 700 block of Bannatyne Avenue near the Health Sciences Centre Sunday afternoon to investigate what turned out to be a forgotten backpack. The hospital was not evacuated, but the area was contained until about 5:30 p.m. when it was revealed the backpack was no threat.

The item comes on the heels of another suspicious item that evacuated a downtown hotel on Thursday.

About 150 people were evacuated from the Delta Hotel around 4 p.m. and roads were blocked off after a suspicious package was discovered in the hotel.

While the package posed no threat, the bomb unit was called in as the circumstances surrounding package was similar to one found in a parkade last year, which was described as a box with wires attached to it.

"We had an item that was left there for reason unknown to us," said Winnipeg Police spokesperson Jason Michalyshyn. "It was an item that if anyone were to come across it they would be concerned."

Police would not say what the item looked like exactly, but are investigating if the package was left at the hotel with the hope of causing a commotion.

"That's a big part of our investigation, so that's exactly where we are now headed. We certainly want to know who this individual or individuals were that placed that item there."

WITH FILES FROM ELISHA DACEY

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Mascot is making noise with the Blue Bombers

CFL

Boomer and Co. add to the hype, says defensive back

Mascots can be key characters on professional sports teams, working the crowd to make their home arena loud and proud and keeping the fans entertained.

In Winnipeg, one man has spent 27 seasons behind the mask for the Winnipeg Blue Bombers.

James Deighton says it's all about putting on a good show.

"It's a very unusual position," says Deighton, who plays Boomer the bird, a taller, more laid-back partner to the more outgoing Buzz. "There's always something to talk about. People always find you interesting when you say you're a mascot."

Deighton got started as a mascot in his 20s when a friend who worked for the team tricked him into replacing an injured Buzz back in 1988.

"To be honest with you, I'm glad I was thrown into it the way I was, because I don't think I would've volunteered," he says.

Nervous at first, Deighton found himself becoming more confident as he transformed into Boomer.

"You're now a show and that's the thing, is to get your head into the fact you're a show. You're not you anymore," he explains.

While interacting with fans is a big part of his job, getting the crowd loud to distract the opposing team has become an anticipated bit of Buzz and Boomer's routine.

Blue Bombers' defensive back Moe Leggett knows Buzz and Boomer personally, and has seen first-hand how the duo pumps up the team.

"They actually hype it up a lot more," says Leggett. "It's like you hear the fans and you see the mascot and then your heart starts to race a lot more."

The most memorable moments of Deighton's career so far have been celebrating two Grey Cup games with the team — first in his rookie season and then again in 1990.

"We'd like to see another one of those, soon," says Deighton. "I think that our fans really deserve that moment again."

Rarely in costume now, Deighton spends most of his time as game day manager where one of his duties involves showing rookie mascots the ropes.

"I don't even know what I would do sitting at home or just being a fan in the stands for game day," says Deighton. "I think I need to be on the field, I need to be part of it."

While Buzz and Boomer have evolved over the years, Deighton's passion for mascot work has remained the same.

Due to concerns over heat exhaustion, Deighton says more than one person usually puts on the Buzz and Boomer costume each time the Bombers play.

If it's really hot, the game day crew will actually use a different person to play Buzz and Boomer for every quarter of the game.

THE CANADIAN PRESS

> **People always find you interesting when you say you're a mascot.**
> James Deighton

The colourful character encourages the crowd at a game. COURTESY WINNIPEG BLUE BOMBERS

CYBERBULLYING

Youth sentences exceeded limit: Court

An appeals court in Manitoba has sided with two brothers who argued that their youth sentences for cyberbullying a teenage girl were too long.

The brothers, who were both 17 at the time of the offences back in 2013, admitted to threatening a 14-year-old girl in their community over the Internet into sending nude and explicit photos of herself.

They then distributed the pictures through social media.

They were sentenced last December to a three-year combined sentence of 16 months jail, eight months community supervision and 12 months probation, but they appealed on the grounds that the sentence exceeded the maximum allowed in the Youth Criminal Justice Act.

Appeals court justice Diana Cameron said in the ruling that youth sentences for a single offence of the type committed by the brothers cannot exceed two years.

The court reduced the sentences to 12 months in jail, six months community supervision and six months probation.

"Unfortunately, in his determination of the ultimate sentence, the sentencing judge was under a misapprehension that the maximum concurrent sentence available per offence was three years," Cameron wrote in the ruling released earlier this month.

The brothers were arrested in May 2014 and pleaded guilty to four charges including sexual touching and possession and distribution of child pornography.

The trial judge in the case called the attack "relentless" and said it was designed to "exploit, demean and humiliate" the victim. THE CANADIAN PRESS/CJSB

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Tories dump a pair

ELECTION 2015

Embarrassing videos surface of Toronto candidates

The Conservatives stumbled as the federal election reached an unofficial milestone on Monday, dropping two candidates from their slate in the important battleground of the Greater Toronto Area after embarrassing videos surfaced in the mainstream media and online.

Jerry Bance, who was running in Scarborough-Rouge Park, was the first to go after reportedly being caught on camera urinating into a coffee cup while he was an appliance repairman.

The day got worse as Tim Dutaud, the candidate in Toronto-Danforth, was declared persona non grata by the federal party a short time later.

A Conservative official confirmed a man seen making prank calls in several YouTube videos — including one where he pretends to have a mental disability — is Dutaud.

Stephen Harper helps Saji Mangalathu prepare bags of curry leaves during a campaign stop in Toronto on Monday. ADRIAN WYLD/THE CANADIAN PRESS

The revelation came just before Prime Minister Stephen Harper said re-elected Conservatives would improve a federal disability grant program, one championed by Jim Flaherty, the late finance minister.

During a campaign stop in Mississauga, Ont., Harper tersely attempted to put the best spin on the losses when asked what the incidents said about the quality of candidates he was attracting.

"What this says is that we keep the highest standard for candidates and these two individuals are no longer candidates," said Harper, who later in the five-question availability indicated that the Conservatives would find replacements for both ridings.

Bance, who runs an appliance repair company, was bounced from the Conservative slate after the CBC reported its hidden cameras on the show Marketplace caught him urinating into a cup while he was on a service call in 2012. THE CANADIAN PRESS

BLUE JAYS

Party leaders agree to skip Jays games

Toronto Blue Jays fans can breathe a sigh of relief — the major party leaders have agreed not to attend any more games during the federal election campaign.

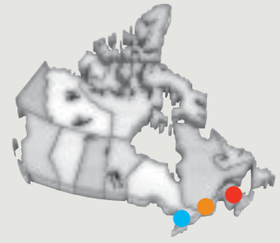
The Jays, who are battling the New York Yankees for top spot in the American League East Division, have lost games when Tom Mulcair, Stephen Harper and Justin Trudeau were in the stands.

After Friday's loss while Trudeau was in attendance, Mulcair tweeted: "Don't worry, fellow #BlueJays fans. @JustinTrudeau, @pmharper and I have a busy September and October lined up."

> **"I think we can all agree to watch the @BlueJays from the safety of the campaign buses."**
> Tweet from Stephen Harper

Trudeau responded Saturday on Twitter saying, "Ok @pmharper and @ThomasMulcair, let's make a deal. No more #BlueJays games for us during the campaign." THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Ontario: Mississauga and St. Catharines.
- **Justin Trudeau** will be in Amherst, N.S. and Fredericton, N.B.
- **Tom Mulcair** will be in Montreal and Toronto.

Elizabeth May's itinerary was unavailable.

SYRIAN REFUGEES

Mulcair to Harper: Act on crisis

metro The Syrian Crisis Canada Reacts

NDP Leader Tom Mulcair may have reached out, but Stephen Harper has effectively dismissed pleas of dialogue among federal leaders over the Syrian refugee crisis.

On Monday, Mulcair told a crowd at Toronto's Labour Day Parade that only Harper has the power to address the matter.

"The person who can take these decisions is the prime minister," he said. "My chief of staff has reached out to his to try and get a discussion rapidly."

Mulcair said it's important for party leaders to rise above politics and talk to one another about Canada's policy toward Syrian refugees. Liberal Leader Justin Trudeau has also called for party leaders to meet to discuss the crisis, but the NDP leader said he's been there all along.

"That's the type of thing I was calling for last week when I said we should be a little bit less partisan and start concentrating on helping people who are in desperate need," said Mulcair.

He underlined that the NDP wants a commissioner to deal specifically with the issue of Syrians fleeing the chaos in their country. But at a campaign event in nearby Mississauga, Harper rejected the overtures as "partisan games" at a time when the federal government is already taking action. "The government is seized with this issue. I already made announcements before these headlines," Harper said.

The Syrian crisis gained renewed prominence last Wednesday after the widely publicized drowning deaths of two young Syrian boys and their mother, who apparently wanted to join family in British Columbia. THE CANADIAN PRESS

TEMPORARY WORKERS

Foreign sailors exploited: Union

The Seafarers' International Union of Canada is preparing to take the federal government to court over the use of foreign sailors — some of whom are allegedly being paid as little as $2 per hour — on internationally flagged ships in Canadians waters.

The labour group, which represents unlicensed sailors in all of the country's coastal waters, has been firing warning shots for month over the growing refusal of shipping agents to hire Canadian crews — something to which the federal government has allegedly has turned a blind eye.

The union intends to ask the Federal Court in Vancouver on Tuesday for a judicial review of the practice of issuing the foreign sailors temporary work permits.

The union points to the 60,000 ton, Greek-owned tanker Amalthea, which was just in the Port of Montreal and licensed to be transporting crude oil in Canadian waters until Sept. 13.

Fourteen employment contracts show hourly wages for non-licensed crew members range from as little as $2.13 to $8.80, depending upon the job and before overtime.

Seafarers' union president James Given said such exploitation is common in international shipping, where companies will hire sailors from the Philippines, Indonesia or other poor countries for a tiny fraction of what Canadians would make. THE CANADIAN PRESS

Jihad Al Mawed is in Edmonton is worried the Canadian government's denial of his refugee status could force him and his family to return to Syria. LIAM KAVANAGH-BRADETTE/ FOR METRO

To be a citizen of no country

metro The Syrian Crisis
The Tragedy

Crisis renders Syrian-born Palestinian man stateless

Tim Querengesser
Metro | Edmonton

In an Edmonton apartment echoing with the cellphone ring tones and Arabic greetings of his extended family sits Jihad Al Mawed, silently worrying about his wife and children in Dubai.

Al Mawed is a Palestinian, born in Syria, who's now been denied refugee status in Canada. But that's of less concern to him than what the decision could mean for his wife and five children back in the United Arab Emirates, all because of the war in Syria. "My family is in risk," Al Mawed says.

In March 2014, Al Mawed left Dubai for Edmonton to see his dying mother. He had lived in Dubai since 1987 as a temporary worker and his children were born there, but received no permanent residency.

He stayed longer than expected in Edmonton, however, as his mother, also a Palestinian-Syrian refugee, suffered for months before dying last June.

That extension spiralled into a dilemma. After just one month here, Al Mawed says, he was told he had lost his job driving a bus in Dubai.

For a UAE citizen, this would be an inconvenience; for a temporary UAE resident, however — in a nation that deports temporary workers regularly — he says the lost job could see his family deported back to Syria's chaos.

"I'm scared. My family is in risk. My visa (in UAE) is finished and now they will maybe send my family back to Syria. I'm scared my kids will be forced into the army and fight in the war. We don't want any part in the war. My home in Syria ... is already destroyed. I wanted to bring them to Canada."

Unlike most of the 12 million displaced Syrian nationals currently seeking asylum from their country's bloodshed, as a Palestinian refugee with Syrian documents, Al Mawed has even fewer options.

Jordan now accepts Syrian refugees but often refuses Palestinian refugees.

The same anti-Palestinian policies, either overt or subtle, apply to several other countries as well, including Lebanon, which has accepted one million Syrian refugees. Al Mawed fears, any deportation from the UEA could see his family end up back in Syria.

> **He's double discriminated (against) because He's a stateless Palestinian.... The truth is, nobody wants him.**
> Simon Trela, lawyer

As many in Canada are demanding their leaders act to help Syrians immigrate to safety, the many caveats Palestinians linked to Syria face are hard for even immigration experts to explain.

In March 2014, Al Mawed applied to be a refugee in Canada but was refused.

In July 2014, the Immigration and Refugee Board of Canada inspected his application and ruled he's not a refugee under its definitions and "not a person in need of protection."

In April 2015, his appeal was dismissed.

The first decision noted Al Mawed could not provide adequate proof he had lost his job in UAE. Next, the appeal refusal noted Al Mawed's family's fate in UAE cannot "be a factor in this decision."

The only recourse left to Al Mawed is a federal hearing, which was granted for this November.

Simon Trela, a lawyer with Tarrabain Raponi & Company in Edmonton, has been representing Al Mawed since his first application was denied.

Trela concedes the only evidence he has that Al Mawed has lost his job in Dubai is his client's assertion of that — and this is the central argument the Immigration Board has focused on.

But regardless, Trela says, Canada is "setting Al Mawed up for failure." He says Al Mawed's not allowed to get a drivers license or study English here, thus it's hard for him to work.

Further, Trela says, Canada has barred him from going back to the UAE, while also denying him refugee status and allowing him to sponsor his family to come here.

"He is so desperate. His family is there," Trela says.

On Al Mawed's worry that his family will be deported to Syria, Trela notes that the UAE often expels foreigners but doesn't force them to go anywhere. But, given the lack of welcome many Palestinians face, he says, there is a possibility Al Mawed and his family could be forced back there. "I think he's double discriminated [against] because he's a stateless Palestinian," Trela says. "The truth is, nobody wants him."

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ZIMBABWE

Prosecuting lion killer 'bad for business,' official says

Zimbabwean authorities seem to have cooled off on pursuing the case against Minnesota dentist Walter Palmer, amid fears having the American bow hunter extradited for killing Cecil the lion could hurt Zimbabwe's hunting business.

It has been a month since Environment, Water and Climate Minister Oppah Muchinguri announced that the police would process paperwork to have Palmer extradited for participating in a hunt that authorities here said was illegal. On Monday there were no new developments in the matters, police spokeswoman Charity Charamba said.

"I still have nothing on that case," she said.

The National Prosecuting Authority, which is responsible for processing extradition requests, said Palmer was not on its files because the police had yet to process a docket for Palmer, a dentist from suburban Minneapolis.

Protesters outside Dr. Walter James Palmer's dental office in July. Palmer gave an interview Sunday in which he disputed some accounts of the hunt, expressed agitation at the animosity directed at those close to him and said he would be back at work within days. THE ASSOCIATED PRESS

In an interview on Sunday in Minneapolis, Palmer said he believes he acted legally and that he was stunned to find out his hunting party had killed a treasured animal in July. Cecil was a fixture in Zimbabwe's Hwange National Park and had been fitted with a GPS collar as part of Oxford University lion research.

Pursuing Palmer without a concrete case could rattle potential big-paying customers from the United States, said both a Zimbabwean government official, and safari operators.

Theo Bronkhorst, a Zimbabwean professional hunter who helped Palmer, has been charged with "failure to prevent an illegal hunt." Honest Ndlovu, whose property is near Hwange National Park, faces a charge of allowing the lion hunt to occur on his farm without proper authority. Palmer's hosts should have ensured the hunt was legal, said Emmanuel Fundira, chairman of the Safari Operators Association of Zimbabwe.

"These are the people expected to know the rules and advise clients accordingly," he said. "Clients may end up thinking twice before coming to Zimbabwe if such cases are not handled carefully. Authorities have to be sure there is a case before pushing for the extradition of these hunters."

> **American hunters spend big. They are a huge market for us.**
>
> Senior Zimbabwean official, who refused to be named

Hunting supports about 800,000 rural Zimbabwean families, said Fundira.

Having Palmer extradited would "be bad for business," said a senior official in the ministry of environment, water and climate, who refused to be named cause the killing of Cecil is before the courts..

"American hunters spend big. They are a huge market for us," he said. "We still want them here. Zimbabwe sends delegations every year to lure those hunters to bring their money here. They will stop coming if the risk of arrest is high." THE ASSOCIATED PRESS

TAJIKISTAN

Photograph gives gardener education opportunity

A city gardens worker in the capital of Tajikistan has become a local celebrity through a chance picture taken by a visiting Romanian photographer.

Internet and local TV reports about 19-year-old Munira Mirzoyeva's inclusion in the Atlas of Beauty — an online compendium of the diversity of feminine beauty around the world — have made her readily recognizable on the streets of Dushanbe where she plants flowers.

She hopes this newfound fame will help rescue her from relative poverty.

She wants to resume her studies so she can get a job better suited to supporting her family in the former Soviet nation in Central Asia, where she shares a one-bedroom apartment with her parents and four younger siblings.

Mirzoyeva's dream is to become a doctor, although she was forced by poverty to stop her education while still in elementary school.

Following her improbable rise to fame, online groups have sprung up to raise money to send her back to school. That has sparked a hope that appeared remote until only a few weeks ago.

"If the chance presents itself, I will definitely continue my studies, because that is my biggest dream," Mirzoyeva said.

"I like my job as a gardener, but because I don't have the opportunity, I cannot study."

She added: "But if I get the chance, I will definitely do it."

THE ASSOCIATED PRESS

Munira Mirzoyeva's inclusion in a photographer's online project has made her a local celebrity. PETER LEONARD/THE ASSOCIATED PRESS

POLITICS

Egypt's agriculture minister detained

Egypt's agriculture minister was detained Monday shortly after resigning from his post amid a corruption investigation involving his allegedly receiving, along with others, bribes worth over $1 million, the country's acting prosecutor general said.

The detention of Agriculture Minister Salah el-Din Helal and his aides comes after Egyptian prosecutors issued a gag order last week over the investigation.

A statement by acting prosecutor general Ali Omran said that Helal and three other ministry officials also were detained pending an investigation. The statement alleged that the four officials accepted gifts in exchange for the reallocation of a parcel of state land, including a sports club membership, high-end clothing, mobile phones, expensive meals, payment for 16 people to go on a religious pilgrimage and a luxury housing unit.

THE ASSOCIATED PRESS

MEXICO

AG's office maintains students were incinerated at dump

Mexico's attorney general's office remained convinced on Monday that many of the 43 students who disappeared in 2014 were killed and incinerated at a garbage dump, one day after an independent experts' report said it did not happen.

Tomas Zeron, the director of its criminal investigation agency, said there could have been errors in the investigation but they remain confident in the forensic science and the conclusion.

Zeron's office has been one of the principal actors in the investigation of the students' disappearance Sept. 26, 2014.

Francisco Cox, one of the experts on the independent commission sent by the Inter-American Commission on Human Rights, told media that it is possible the students were burned elsewhere, but not at the dump.

On Sunday, just hours after the report was released, Attorney General Arely Gomez said she would order a new examination of what happened at the dump.

The independent experts' report dismantled the government's long-held official version and found numerous problems in the investigation. The independent experts hired their own fire expert to study the scene. He concluded that it was not possible that a fire of the magnitude necessary to reduce the bodies to ash occurred at the dump.

THE ASSOCIATED PRESS

IN BRIEF

Lightning kills 22 people in southeast India

Lightning has killed 22 people, mostly farm labourers working in fields, across the southeastern Indian state of Andhra Pradesh, officials said Monday.

The fatalities occurred Sunday evening when thunderstorms and rain lashed eight districts in Andhra Pradesh, said N. Chandrababu Naidu, the state's chief minister.

Two women's cricket teams had a narrow escape when lightning struck a tree on the grounds where they were playing in Guntur town, said Sitapati, a district cricket official.

Lightning strikes are common during India's monsoon season, which runs from June to September. However, Sunday's toll was unusually high.

THE ASSOCIATED PRESS

Mother reports to jail for taking daughter in 2004

A mother who fled the U.S. with her daughter to Central America more than a decade ago amid a custody dispute with her ex-husband reported to jail Monday.

Genevieve Kelley pleaded guilty in June to misdemeanour charges of custodial interference for taking her then-8-year-old daughter out of the country in 2004. Additional felony charges of custodial interference and witness tampering were dropped.

Under a plea deal, Kelley will serve 10 months in county jail. Her current husband, Scott Kelley, pleaded guilty to the same charges and was sentenced to five months.

The judge staggered the sentences — with Scott Kelley going first — so their 10-year-old son wouldn't be without a parent. THE ASSOCIATED PRESS

Piece of statue stolen in Hawaii

Part of King Kamehameha's spear is missing.

Police on Hawaii's Big Island are asking the public for help locating the top section of the spear that's part of the statue of the Hawaiian warrior in Hilo.

Police say the spear was last seen Saturday and was reported missing Sunday.

The bronze spear with a golden tip is about 1.8 metres long.

Kamehameha the First is known for uniting the Hawaiian islands in 1810.

THE ASSOCIATED PRESS

Leaders split on next steps

metro The Syrian Crisis
The World Reacts

Hungary's PM: Security before immigration

Several hundred Arabs, Asians and Africans tired of waiting for buses broke through Hungarian police lines near the Serbian border Monday and marched north on the main highway to Budapest as authorities once again demonstrated an inability to control the human tide passing through Hungary.

The renewed trouble underscored the growing sense across the continent that the 28-nation European Union must reach a continent-wide agreement on sharing responsibility for sheltering more of the estimated 340,000 asylum seekers who have arrived in the 28-nation bloc already this year.

French President Francois Hollande announced his country would welcome 24,000 refugees, while he and German Chancellor Angela Merkel had agreed on a formula for spreading the migrant load across Europe.

But Hungary's prime minister, Viktor Orban, said he wasn't prepared to pitch in and questioned how any EU quota system based on current figures could resolve the real issue of unrelenting immigration.

Even as calm returned Monday to the main Austria-Hungary border crossing where more than 15,000 people crossed over the weekend en route to Germany, Hungary's leader hit back at European partners who blamed his country for stoking the chaos.

Orban said Europe first must focus on security measures designed to force travellers from troubled lands to seek asylum in neighbouring countries, not travel thousands of kilometres into the heart of Europe. He said the current discussions on a new quota to handle 120,000 migrants soon would lead to discussions on hosting millions more. THE ASSOCIATED PRESS

Syrian and Iraqi refugees walk along rail tracks on their way to cross Greece's border with Macedonia, near the Greek village of Idomeni, Monday. Thousands of migrants and refugees were crowding at Greece's border with Macedonia on Monday morning, their entry slowly rationed by Macedonian police. YANNIS BEHRAKIS/REUTERS

Putin considers deployment of troops

metro The Syrian Crisis
The World Reacts

Signs of an ongoing Russian military buildup in Syria have drawn U.S. concerns and raised questions about whether Moscow plans to enter the conflict.

President Vladimir Putin has been coy on the subject, saying Russia is weighing various options, a statement that has fuelled suspicions about the Kremlin's intentions.

Observers in Moscow say the Russian manoeuvring could be part of a plan to send troops to Syria to fight the Islamic State of Iraq and the Levant, in the hope of fixing fractured ties with the West. They warn, however, that Putin would likely find it hard to sell his idea to a skeptical U.S. and risks potentially catastrophic repercussions if he opts for unilateral military action in Syria.

By playing with the possibility of joining the anti-ISIL coalition, Putin may hope to win a few key concessions. His main goal: the lifting of Western sanctions and the normalization of relations with the United States and the European Union.

While Putin said Friday there is no talk "just yet" about Russian troops joining the fight against ISIL, he added, "we are looking at various options."

The Russian leader is set to attend the United Nations General Assembly later this month, and some analysts say a proposal to deploy troops to Syria could be the focal point of his visit. THE ASSOCIATED PRESS

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Hearings to begin for Alberta Clipper

ENBRIDGE

Cross-border crude oil sands project opposed in U.S.

A U.S. court begins hearing arguments this week in a lawsuit that claims increased volumes of oil sands crude have been allowed to flow from Canada into the United States without adequate public input or environmental review.

Indigenous and environmental groups filed a lawsuit late last year against the U.S. State Department and Secretary of State John Kerry in federal district court. Hearings start in Minneapolis on Thursday.

"Plaintiffs' members face increased risk of harm to their health, recreational, economic, spiritual and aesthetic interests as a result of the State Department's decision to allow projects with significant environmental impacts to proceed without fully analyzing and considering the impacts," the groups said in a complaint filed in February.

Protesters gather in front of U.S. Secretary of State John Kerry's home in Washington, D.C. Advocacy groups are urging Kerry to stop the pipeline expansion. MARK WILSON/GETTY IMAGES

At issue are a pair of Enbridge oil pipelines between Hardisty, Alta., and Superior, Wisc.: Line 3 and Line 67, also known as Alberta Clipper.

Both pipelines have presidential permits, the same crucial approval for cross-border infrastructure that TransCanada Corp. has been painstakingly trying to obtain for its Keystone XL project since 2008.

The two sides disagree over whether it's necessary to go through that process again if more crude is to flow through those lines.

"Enbridge is operating its pipelines consistent with the presidential permits and other permits that it holds for Lines 3 and 67, while meeting its responsibility and obligations to serve its shippers' needs," said Enbridge spokesman Graham White in an email.

In court documents, the defendants say the claims "lack merit" and ask the court to "dismiss the complaint in its entirety with prejudice."

The plaintiffs include the White Earth Nation, an Ojibwe reservation in northern Minnesota; Honor the Earth, an environmental group based on the White Earth Nation; Indigenous Environmental Network; Minnesota Conservation Federation; MN350; Center for Biological Diversity; Sierra Club and National Wildlife Federation.

THE CANADIAN PRESS

ENERGY

Nexen permitted to reopen pipelines

Nexen Energy is being allowed to reopen some pipelines at an Alberta oilsands operation after provincial regulators suspended the licences for them last month.

The Alberta Energy Regulator says that after inspecting Nexen's Long Lake facility and reviewing documents, it has determined that about 40 utility pipelines that carry fuel gas, natural gas and water pose a low risk to public safety and the environment.

It says Nexen has demonstrated the utility lines can be operated safely and within all regulatory requirements.

But the regulator says the remaining 55 pipelines affected by the order, which contain products including crude oil, natural gas, salt water, fresh water and emulsion, must stay closed until the company can demonstrate they're safe.

The regulator revoked the operating licences for the lines at Long Lake on Aug. 28 due to what it called non-compliance surrounding pipeline maintenance and monitoring.

THE CANADIAN PRESS

IN BRIEF

Microsoft seeks definition of when police can access company records from court
Microsoft wants a federal appeals court this week to agree that the U.S. reached too far when it sought a customer's emails that are stored in Ireland. The software company will argue Wednesday that the 2nd U.S. Circuit Court of Appeals in Manhattan should overturn a lower court ruling that grants U.S. narcotics investigators authority to review the customer's email records stored by Microsoft in Dublin. In court papers, Microsoft has called on Congress to better define when the records can be accessed. U.S. prosecutors say two judges ruled correctly, adding they can be accessed by Microsoft workers in the U.S. and laws permit such access for criminal probes. THE ASSOCIATED PRESS

ACQUISITIONS

Canadian-backed group buys South Korean supermarket

Two Canadian pension plans are part of a consortium that purchased South Korean supermarket chain Homeplus from British retailer Tesco for around $6 billion US on Monday.

The Canadian Pension Plan Investment Board said it spent $534-million US for a 21.5 per cent stake in the company.

The Public Sector Pension Investment Board, which manages investments for the federal public service and the Canadian Forces among others, was also a part of the deal but did not disclose its contribution.

The deal is expected to close in the fourth quarter of 2015, pending approval from the South Korean government and Tesco's shareholders.

Homeplus is South Korea's second-largest retailer, with more than 1,000 outlets across the country. It was originally founded as a joint venture between Samsung and Tesco in 1999.

$6 billion

Homeplus was sold to a group that includes two Canadian pension plans for $6 billion US.

South Korean private equity firm MBK Partners led the deal and said the consortium will invest $831 million US in the business over the next two years.

Canada's national pension plan makes more than it currently pays out in benefits, and the CPPIB invests the excess money. At the end of June, the fund totalled $268.6 billion.

Homeplus is facing criminal and civil lawsuits in South Korea after company executives including CEO Do Sunghwan were indicted in February for selling the personal data of millions of customers to insurance companies for marketing purposes.

THE CANADIAN PRESS

British retailer Tesco sold Homeplus to a consortium led by private equity firm MBK Partners, which will invest $831 million U.S. over the next two years. LEE JIN-MAN/THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, September 8, 2015

metro's election explainer

What are the parties promising to refugees?

metro The Syrian Crisis
The Response

It took the drowning of a three-year-old whose family hoped to settle in Canada to draw attention to the four million people who have fled Syria since 2011. The outcry has forced all the parties to articulate what they would do, if elected, to alleviate the humanitarian crisis.

Their promises pale in comparison the country increasingly seen as Syria's saviour. Germany — which, it should be said, was the source of millions of refugees during the Second World War — plans to process 800,000 people fleeing Syria this year. If Canada did the same per capita, we'd be welcoming close to 350,000. Here's where our leaders stand, and a look at their past commitments to refugees.

New Democratic Party: Promise to admit 10,000 Syrian refugees this year; 46,000 by 2019
Liberal Party: 25,000 this year
Conservative Party: 10,000 Syrian and Iraqi refugees in the next three years, on top of a 10,000 commitment made in January. (About 2,500 have been welcomed under Harper so far).

Tories
Stephen Harper said many times that Canada is doing its part to respond to the crisis by addressing what he sees as the root cause: terrorism in ISIL-occupied parts of Syria and Iraq.
Past participation The Progressive Conservative government of Joe Clark led an effort to settle 50,000 South Asian refugees in the wake of the Vietnam War in 1979.

Grits
Liberal Leader Justin Trudeau has called for a leaders' meeting to discuss the crisis — there's no sign of that yet — as well as calling for more than 10 times more Syrian refugees to be accepted than have been admitted to date.
Past Participation
The Liberal government of Pierre Trudeau responded to an ethnic cleansing of South Asians from Uganda by bringing in 7,000 refugees in 1972-73.

NDP
Leader Thomas Mulcair has said "no amount of military action" will address Syria's crisis, calling for "quick" humanitarian assistance instead.

Past Participation
New Democrats have never formed a federal government. But in the 1930s, J.S. Woodsworth, the leader of the party's predecessor, pleaded for acceptance of Jewish refugees fleeing Nazism, saying he felt "helpless and ashamed" about the country's lack of response.

Helping hand: A Syrian woman arrives Monday, via boat from Turkey, on the Greek island of Lesbos.
THE ASSOCIATED PRESS

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

I don't limit my 13-year-old's gaming. Here's why.

Catherine Little
For Metro

I have a confession to make: My son, Alex, received his first hand-held video game when he was 3. My sister, with our permission, got Alex a Leapster, a child-targeted education gaming system, for Christmas.

He loved it. And soon he wanted more. In the early years, I learned every video game Alex wanted to play. Let's just say I got to be pretty proficient at Plants vs. Zombies, and even heard Alex brag to his friends about how his mom had beaten the game.

We'd sit on the couch, passing the iPad back and forth. We'd cheer each other on, discuss strategy and debate what the best buys for each level were. I started appreciating the skills and thinking needed to play the games successfully.

Now, at 13, my son spends all of his spare time on his iPad. This seems to bother his father a lot more than it bothers me. Alex has friends whose parents try to limit the amount of time their children play video games. Personally, I'm conflicted about how much is too much.

When Plants vs. Zombies gave way to more violent games, I started to worry, and I looked into the science. I needed help deciding if I should restrict how much time Alex spent doing what he loved to do. I've chosen not to.

Evidence is on my side. An emerging body of research hints that video games may be more than OK.

My husband, who is a doctor, used to worry Alex's gaming habit might harm his school performance. However, a large Australian study last year found no evidence video games had a negative impact on kids' grades. Even after the researchers looked at the international science, math and reading test scores of 192,000 students in 22 countries, they found that frequency of video game use had no significant effect on achievement.

But could violent games make my kid violent, or at least aggressive? Yet another apparently unfounded worry. A 2013 Springer study of 377 American kids found no association between violent video games and delinquency or bullying, even in children with depression or hyperactivity.

I breathe a little easier knowing I'm not interfering with his potential or encouraging hooliganism.

But what about those strategy games he always seems to be in the middle of when I say, "Dinner is ready"? Though they're hard to tear kids away from, research suggests the planning and multitasking required by these kinds of games may improve cognitive flexibility — the crucial ability to juggle more than one concept in your mind and switch fluidly between them.

Since Alex was little, many of his friends' parents have told us that they carefully restrict their kids' screen time.

I'm still not sure what to say to them. On one hand, I understand how difficult it is to live with a teenager who eats, breathes and sleeps video games. On the other, research doesn't support the idea that video games are the source of all evil, as some seem to think.

Despite being allowed to use all of his spare time gaming, Alex is an honour-roll student, swims at a high level, plays house-league baseball and is generally a nice kid. I'm not positive this is the right approach. But I spent as much time watching TV in my youth as my son now spends on his iPad. My parents worried I'd melt my brain, but it seems to have worked out OK for me.

Catherine Little is a Toronto-based science and mathematics educator and writer.

ROSEMARY WESTWOOD

metroview

A new argument for screen-free time: Avoiding advertising

It's a messaging minefield out there on the web.

Scrolling through social media feels like walking down a crowded market street to the shouts of vendors hawking hair extensions, even though they should know, by the hundreds of photos I've posted to social media, that I have a great hair.

This is modern life: suffering through the detritus of wonky algorithms that may or may not know you, and both options are bad.

No, Facebook, I don't want to click on the image of an overweight woman whose "SHOCKING New Look Has Him Kicking Himself".

First, I'm not into body-shaming. Second, I suspect it's sponsored content because none of my 635 Facebook "friends" post things like that. Third, I know it's sponsored content because, even though you've dressed up the avatar as the sexy brunette Sophia Jones, you've had to add that small "sponsored" tag.

BTW, Facebook, I'm also meh about zombie culture.

Instagram's no better. So I follow a few fashion designers. That's aspirational, maybe even masochistic. I can no better afford that Mercedes-Benz you've pushed into my feed than a Vera Wang dress. Even if I could, I tend to think unnecessarily expensive cars are a great way to advertise your warped priorities. (If you've driven by me in your Ferrari and I ignored you, it was on purpose.) Canadian Tire is more my price range, but Instagram should know that if I want to find out how to hang a picture, I won't look for a sponsored post. I'll Google it.

Elsewhere on the web, I am tormented by ads that are harder to deride and dismiss.

I'm considering visiting websites with products that I hate, just so I don't have to look at the dove-grey, large-face gold-rimmed watch I'd love to buy, but can't afford, or the soft white leather slip-on shoes that would look great with the wide-leg ankle-length slacks I am coveting.

It is cruel to have to research a story while images of things I want but cannot have rotate on repeat at the side of my screen.

Of course, this is the world now. We were told they'd start following us and anticipating our needs. When they don't get it right, it's to ridiculous effect. When they do, it's taunting.

Maybe a new argument should be made for screen-free time, one based not only on avoiding harmful blue light and scattered attention, but also on avoiding the reflection of who algorithms say you are. So you can just be.

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Trainspotting sequel with original players on track says director Danny Boyle

Rush weak for Canadian frats

FRATERNITIES AND SORORITIES

Why the Greek life is a much bigger deal on campuses south of the border

Given all the inequities foisted upon Canadian consumers compared to the spoiled shoppers to their south, it's safe to assume few have spent significant time dwelling on the absence of choice when it comes to wooden bum-spanking paddles.

But it's true.

Add tush-thumping paraphernalia to the list of goods where American consumers have greater options, only in this case the huge gap in choices between Amazon.ca and its American site tells a fascinating sociological story.

It's the story of fraternities.

The Greek-letter organizations are much more prevalent in the U.S., hence the bigger market for hazing instruments — or as the sellers describe them, stained-wood, engravable, spanking-themed college souvenirs.

How did this Canada-U.S. cultural divide occur? The answer goes back a couple of centuries, but a good starting point for understanding it happened in the summer of 1984.

Just days after Hollywood released Revenge of the Nerds, then-president Ronald Reagan signed into law the National Minimum Drinking Age Act, making it harder for anyone under 21 to score booze in a commercial establishment.

It just so happened that campus clubs were sitting on a few billion dollars' worth of private property, accumulated since the early 19th century — frat houses.

These houses have provided a sanctuary for insobriety in a way Canadian kids might not appreciate, given their ability to waltz into bars at age 18 or 19 and demand Molson's without fear of bouncers checking ID.

Revenge of the Nerds helped entrench fraternity life in American popular culture. 20TH CENTURY FOX/THE CANADIAN PRESS

"Greek life can dominate the social scene at (U.S.) colleges and universities," said Susan Lipkins, an expert on fraternity initiations who runs the site insidehazing.com.

"If you look at the universities you can say, 'Oh, it's only 10 to 20 per cent (enrolment),' one would think they don't have that much power. But they do...

"They're in charge of parties."

Enrolment numbers illustrate why there's so much more Greek-themed college memorabilia on Amazon.com than Amazon.ca.

Sorority membership has practically doubled in the last decade, with about 660 chapters in the National Panhellenic Conference. Only a dozen are in Canada. Same for fraternities: Tau Kappa Epsilon is the biggest in terms of chapters, with 259. Five are in Canada.

The original fraternity was founded at Virginia's College of William and Mary in 1776 — a century before the first Canadian fraternity chapters opened.

Inspired by medieval societies and their secret initiations, it was named Phi Beta Kappa because one founder was a recognized Greek scholar.

"Beer kegs, toga parties, and goldfish eating were not yet part of the Greek curriculum," says the book Inside Greek U.

As colleges opened to the masses, the culture changed.

When women and minorities arrived, some disturbing behaviour followed — including sexual assault and racial segregation. A 1952 incident telegraphed a new hyper-machismo: the state of Missouri called in the National Guard amid the bedlam of the earliest known panty raid.

They still offer benefits — professional networking and cheaper housing.

Canadian Supriya Dwivedi heard from American sisters that Greek life was their ticket to affordable housing and parties.

Which wasn't the case in Montreal.

"At McGill it wasn't like being in a sorority or frat was necessary or even viewed as being something cool," said Dwivedi, now a public affairs consultant.

"Most of the time when people found out I was in a sorority, their initial response was to ask me, 'Why?'"

As for the hazing, several Americans interviewed said it wasn't so bad. They compared it to military boot camp — an unpleasant means toward bonding.

They had to study obscure details about their fraternity and recite them under pressure. Delaware native Patrick Zingaro recalled only one incident: a cut on his elbow from being forced to lie in a basement.

That, and they made him drink a live goldfish. THE CANADIAN PRESS

20%

One benefit of Greek life especially relevant in the U.S.: remedying loneliness. Twenty per cent of American students leave their state, double the rate of Canadian undergrads who study out-of-province, according to Universities Canada's analysis of federal data.

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KEEPING TRACK

Basic bookkeeping
Offer a notebook, spreadsheet or budget app to use as a journal and show how to keep a running balance that reflects the reality of spending. When money is received, add it to the balance. When money is spent — using a debit card, credit card, by writing cheques or using cash — deduct it from the balance. The point is always knowing what's left in the bank.

BUDGETING

Before sending your scholar off, have a chat about finances

Gail Vaz-Oxlade
For Metro Canada

Despite years of teaching my son about money, there was still ground left to cover before he headed off to college or university this year. How would he manage the money he'd need for tuition, books and living? Would he get and use a credit card? And when was it okay to call home to mommy?

Did you take the steps to make sure you've prepped your young 'un for their new, independent life?

1. Have the cash flow chat
Whether she's going to school using student loans, money from that diligently saved RESP or summer work savings topped up with help from mom and dad, it's time your daughter learned there's many mistakes to be made with a budget and wallet. Whatever she's got is likely more money than she's had to handle in her whole life.

Step 1 is allocating the money that will cover school costs: tuition, books and supplies, getting to and from school, and residence cost or first and last month's rent if she's living off campus. Don't forget the money for that first big grocery shop or to cover the student food plan. And set a little something aside for emergencies, say about $500.

Step 2 is splitting up what remains over the amount of time she'll be at school. Some programs run a full calendar year, so she'll need to spread the money over 12 months. If she's at school from September through April, divide what's left by eight to come up with a monthly budget amount.

Ah, the budget. Here's where essential expenses rub up against less important needs and wants.

2. Set an upper limit on debt
Since your child's student loan came relatively easily and without clearly defined limits, it may disappear just as quickly without a plan. The same is true for a student line of credit or the balance on a credit card. It makes no sense to take on more debt than he can ever afford to pay back, regardless of the form. So helping him understand how much debt is enough is important.

Here's a rule of thumb: He should plan to graduate with no more than his first year's net income in total debt. So if the job he's heading to will put $37,000 a year in his pocket after taxes, that's as much debt as he'll leave school with.

Credit card debt? Is that really a good idea?

Well the debt part isn't, but the credit card part is. There's no easier time to get a credit card than when you're in college or university. Students should take advantage of the opportunity by using that card to cover essential expenses like food, then paying the bill in full every month. That'll help them establish credit identity and teach the importance of tracking expenses.

3. Make your role clear
Calling home to mommy or daddy because your student couldn't resist the urge to buy shoes or got blotto-drunk and lost the weekly grocery money at poker shouldn't even be an option. Sure it's hard to watch kids tough out a difficult week or three. But part of living on their own is to learn that they can stand on their own two feet. If you keep rushing in to rescue them, you'll be teaching them that you don't trust them to fend for themselves and that they're totally dependent on you.

It's fine to be your child's safety net in situations no one could have anticipated. But replacing coats that have been lost, cellphones that have been drowned or laptops that have been abused isn't part of the deal, so make that clear.

Check in bi-weekly in the early months. If your student proves he or she can't manage the lump sum money, step in and pay a monthly (or even weekly) salary, giving no more than the basics until he or she gets the hang of managing the money.

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Sleep pods aren't everything

JOB SATISFACTION

Don't be fooled by office perks, research true work culture

Eleni Deacon
For Metro Canada

A scene from season 2 of HBO's Silicon Valley. A recent survey of engineers and developers found tech workers are less satisfied in their jobs than other workers. FRANK MASI/HBO

Wannabe tech workers might be enchanted by the promise of complimentary snacks and midday naps in egg-shaped sleeping pods.

Or the hefty paycheques, accompanied by generous signing bonuses and potentially hefty equity. The beanbag-chairs-everywhere stereotype is pretty utopian — but new research suggests tech workers aren't hitting "like" on their jobs.

In a recent survey of 5,000 engineers and developers, the app-maker TINYpulse found that, in every category of inquiry, tech workers were less satisfied than those in other industries. Only 36 per cent of tech employees see opportunities for professional growth, compared to 50 per cent in other industries. And while 69 per cent in tech say their supervisor has recently recognized their work, three quarters were feeling the love elsewhere. Most disheartening: When asked if they were very happy at work, only 19 per cent of tech workers answered yes, versus 22 per cent in other fields — a small but statistically significant disparity.

These ho-hum reviews challenge the notion that holy-cow salaries — i.e. the going rate for many tech pros — translate into everyday fulfilment. Making a comfortable income is undoubtedly a key contributor to employee contentment, since no one likes toiling for crumbs. But the survey points to a bevy of factors — understanding your company's values, feeling appreciated, having solid relationships with your colleagues, among others — that determine whether or not workers will spend every weekday longing for Saturday.

To dodge 9 to 5 misery, jobhunters should prioritize company culture as highly as cash — and perhaps even more than the nitty-gritty of the work itself. You may enjoy the actual tasks on your to-do list, but if your boss never notices your efforts, you don't agree with your organization's principles, or you can't stand spending 40 hours per week sharing a cubicle with Bob, it's likely you'll dread sitting at your desk. Culture can be tricky to evaluate during a job interview, but it's worth using your question period to pose some tactful — but hopefully revealing — questions about office life. Although Ping-Pong tables in the break room are fun, flashy cosmetic perks are not true indicators of corporate culture. By inquiring about the atmosphere in the office (whether it's chatty or quiet), the organization's mission statement, and professional-development opportunities, you won't just demonstrate a deeper-than-dollars interest in the position — it will also help you feel out whether a prospective employer aligns with your outlook and goals.

When seeking new work, it's easy to be seduced by the bottom line. But it's by reading between the lines that workers can land gratifying roles.

When it comes to on-the-job happiness, the value of a paycheck is no replacement for an employee's sense of self-worth.

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but you get to keep the ideas.
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CAFFEINE

Stretches, healthy snacks and cat videos better than more coffee

Eva Kis
Metro | New York

Grabbing a coffee just delays the inevitable, but a good night's sleep will help give you the energy you need to get through the day. ISTOCK

We're all working longer hours, want to spend more time with our families and find a little something left over at the end of the day for ourselves. All of this means sleeping less, and one of the few legal ways to still be functional the next day is with the help of caffeine.

A cup (or four) probably won't do more than make most people jittery, but in concentrated doses, caffeine can be harmful. Last week, the U.S. Food And Drug Administration issued a warning about powdered caffeine after tying the deaths of two young, healthy men to overdoses. Try these tips for more effective, stimulant-free ways to stay awake.

Desk exercises

Fatigue isn't just in your limbs; You have to periodically reboot yourself head to toe. Roll your eyes and stare at a faraway spot for 20 seconds. Give your brain some mind candy by switching tasks when you're feeling sleepy to something that's fairly fast and easy, like answering emails or even watching cat videos (this has the benefit of lowering your stress levels just as playing with a real animal would). And deep breathing is not just for yoga class — boost your circulation while lowering blood pressure by inhaling using your abdomen.

Intelligent refuelling

Instead of reaching for an energy bar, or worse whatever is left in the office vending machine, grab something low in sugar and high in protein, like Greek yogurt (with fresh fruit), a handful of nuts or carrots with hummus. This is high-quality energy that won't leave you shaky from low blood sugar in a couple of hours. And remember to drink water: Thirst sets in when two to three per cent of your body's natural hydration is lost, but mental effects show up at as little as 1 per cent loss.

Total-body reboot

Sitting is killing us just as surely as smoking is, so the next time you're feeling sluggish, go for a walk. Even 10 minutes will boost circulation and energy for up to two hours. Bonus: Put some music on.

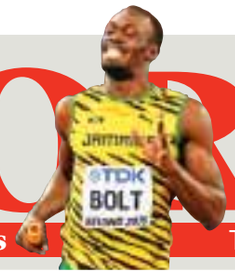
Get some sleep, already

Seriously, put down your smartphone, turn off the TV and go to bed. Even a single night of sleep deprivation makes you more sluggish, shortens your attention span and hurts your ability to learn. So get some sleep, before lack of sleep gets you.

metro SPORTS

Usain Bolt has called an end to his season, shifting his focus to the Rio Olympics

Tuesday, September 8, 2015



Jays knocked off by Sox

MLB

Toronto loses for just the fourth time in last 16 games

The Toronto Blue Jays are trying to slug their way to an AL East title.

They'll need better pitching than this, though.

Jackie Bradley Jr. had four hits with a two-run home run and four RBIs, Rick Porcello pitched into the eighth inning and the Boston Red Sox beat the division-leading Blue Jays 11-4 Monday.

The Blue Jays lost for just the fourth time in 16 games, but had their lead atop the East sliced to a half game over the New York Yankees, who beat Baltimore 8-6 on Monday.

Working on seven days' rest after complaining of fatigue, Mark Buehrle (14-7) gave up five runs on nine hits in 3-1/3 innings. The bullpen wasn't much better, giving up six runs on eight hits.

The Blue Jays lost the opener of their last series in Baltimore 10-2 but responded to win the next two games.

Toronto manager John Gibbons said he has "some concerns" about Buehrle, who has had a couple of tough outings recently.

The veteran left-hander said he felt fine.

"I felt better today than I have in the last couple," he said. "It's pretty much September is what it was. It was just one of those days where their offence was there. I'll take today — besides the results — just about any day."

Red Sox catcher Blake Swihart tags out Jose Bautista after the Blue Jays right-fielder struck out on a pitch in the dirt in Boston, Monday. WINSLOW TOWNSON/THE ASSOCIATED PRESS

Josh Donaldson and Justin Smoak each hit solo homers for Toronto. Donaldson's was his 37th.

Toronto leads the majors with 191 homers and 750 runs.

Bradley added two singles and a double and Travis Shaw hit a two-run homer for Boston, which posted its fourth straight win and eighth in 11 games.

"I'm not trying to force anything," said Bradley of his recent offensive surge. "I'm trying to swing at strikes."

Porcello (7-12) had his third consecutive strong start since coming off the disabled list following a right triceps strain. He allowed four runs — three earned — and eight hits over 7-1/3 innings.

David Ortiz had a pair of doubles and an RBI. The second was high off the Green Monster — below a sign with the white numbers "497" that signify his chase to become the 27th player to hit 500 career homers.

THE CANADIAN PRESS

MONDAY In Boston

RED SOX	BLUE JAYS
11	4

REHAB

Right-handed pitcher Marcus Stroman, who tore a ligament in his left knee during spring training, made his second rehab start Monday, giving up four runs on eight hits over three innings for triple-A Buffalo.

GOLDEYES

Fish end season with a bang

The Winnipeg Goldeyes put on a show with the long ball Monday afternoon, routing the Lincoln Saltdogs 13-6 in their season finale.

The 6,653 fans who came out to enjoy a holiday matinee at the ballpark sprung to their feet and roared each of the five times Fish batters went yard. Casio Grider clubbed a pair out of the park, while Josh Mazzola's three-run shot in the second pushed his American Association home-run lead to 20 on the year.

Mazzola's 70 home runs since he joined Winnipeg in 2012 is the club's new all-time mark, passing Terry Lee's 65 round-trippers in a Goldeyes uniform from 1995-1997.

Despite missing the post-season for only the third time over their last 10 seasons, the Goldeyes (47-52) had several standout season performances.

Third baseman Josh Mazzola, outfielder Adam Heisler and designated hitter Casey Haerther were named post-season all-stars earlier in the day, while reliever Brendan Lafferty set a new American Association record with 58 appearances in 2015.

The longest-serving catcher in Goldeyes history, Luis Alen, now in his seventh season with franchise, also set new Goldeyes career marks in hits (444), RBI (347), doubles (130), and walks (232). DARRIN BAUMING/FOR METRO

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MEMOIR

Hughes reveals doping violation

Former Olympian Clara Hughes has revealed a previously undisclosed anti-doping rule violation from 1994.

The Winnipeger wrote in her newly released memoir that she tested positive for the banned substance ephedrine in 1994 and that she was notified of the test result by Cycling Canada's then national team director. Hughes says in the book that the violation was intentionally kept quiet.

Clara Hughes TORSTAR NEWS SERVICE FILE

The offence occurred before the creation of the World Anti-Doping Agency or the Canadian Centre for Ethics in Sport, Canada's national anti-doping body.

"Cycling Canada cannot condone how this matter was handled at the time by any of those involved," said a statement from the organization. "Regardless of the practices of the day, Cycling Canada believes in full, fair and open disclosure of all doping related offences. We remain fully committed to the principles of fair play and rigid compliance with the WADA Code."

Hughes informed Cycling Canada of the revelation in her upcoming biography in late August and gave the governing body a copy of the manuscript excerpt about the incident. The organization put out its statement late Sunday night, revealing the details of the violation. The book will be released on Tuesday.

6

Clara Hughes is tied with Cindy Klassen for most Olympic medals won by a Canadian with six.

Hughes also spoke about the positive test in an interview with the CBC aired on Sunday night.

Ephedrine promotes short-term weight loss, specifically by burning fat. It is found in cold medication and can help with lung infections. It may be used as a stimulant, a concentrant or an appetite suppressant. THE CANADIAN PRESS

IN BRIEF

Murray ousted at U.S. Open
Andy Murray watched a 130 mph ace zoom by to create a two-set deficit at the U.S. Open, and then sat in his changeover chair and cursed at himself, over and over and over.

Often able to spur himself by letting out some anger, the two-time Grand Slam title winner only briefly managed to get into this match. Murray lost before the quarterfinals at a major for the first time since 2010, beaten 7-6 (5), 6-3, 6-7 (2), 7-6 (0) by 15th-seeded Kevin Anderson of South Africa in the fourth round at Flushing Meadows on Monday.
THE ASSOCIATED PRESS

Balanced offence continues to help Canada
Andrew Wiggins scored 11 of his 18 points in the third quarter to lead the Canadian men's basketball team to a 109-82 victory over Uruguay in second-round action at the FIBA Americas Championship on Monday in Mexico City.

Canada got double-digit points from seven different players.
THE CANADIAN PRESS

Stamps money in the bank vs. Franklin

CFL

Calgary attacks rookie QB in Labour Day rivalry game

Labour Day's Battle of Alberta lacked touchdown celebrations, but not sack celebrations.

The Calgary Stampeder defence made life difficult for Edmonton Eskimos rookie quarterback James Franklin in Monday's 16-7 win over the Esks at McMahon Stadium.

Led by Charleston Hughes, Calgary's defensive line put Franklin on the ground four times. They marked those moments with log rolls on the turf followed by air kicks.

"Charleston is the king of all the sack celebrations," said Calgary linebacker Deron Mayo, who had one sack and forced a Franklin fumble.

Hughes, who had sat out the previous game with back spasms, contributed a pair of sacks and five tackles. The defensive line's resident choreographer insisted his post-sack routines were unscripted.

"I have no clue what it means," Hughes said. "It's just something I made up on the fly with my D-line."

At 8-2, the Stampeders gained breathing room on the Eskimos atop the CFL's West Division. The Esks dropped to 6-4 in second place, but get a rematch Saturday at Commonwealth Stadium.

All signs point to quarterback Mike Reilly starting Saturday. His team trailing by nine points, the veteran pivot went into Monday's game in the fourth quarter for his first action since tearing knee ligaments in the season-opener in Fort McMurray.

Stampeders defensive lineman Charleston Hughes brings Edmonton quaterback James Franklin to ground on Monday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

MONDAY In Calgary

STAMPS	ESKIMOS
16	7

Reilly was 5-for-12 in passing for 90 yards in relief of Franklin.

"I would like to have come back under different circumstances in terms of us getting a win, so I'm disappointed that we weren't able to do enough to get the victory here," Reilly said.
THE CANADIAN PRESS

ON SUNDAY

Roughriders 37, Bombers 19
Paul McCallum kicked three field goals and the Saskatchewan Roughriders scored 29 unanswered points to snap their nine-game losing streak with a 37-19 victory over the Winnipeg Blue Bombers.

The last time the Roughriders entered the Labour Day weekend without a win was in 1979. Saskatchewan improved to 1-9, while the Blue Bombers dropped their fourth straight and slip to 3-7.

The Blue Bombers' losing streak at Mosaic Stadium on Labour Day weekend climbed to 11 games. The last time Winnipeg beat Saskatchewan on Labour Day was in 2004 when quarterback Kevin Glenn, now a member of the Riders, threw a pair of touchdown passes.
THE CANADIAN PRESS

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RECIPE Grilled steak niçoise with red potatoes, green beans and olives

EAT LIGHT AT HOME

Rose Reisman
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Ready in
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 4 oz red-skinned small potatoes
- 2 oz green beans, trimmed
- 6 oz lean good quality steak (New York strip, top sirloin or beef tenderloin)
- 6 cups baby spinach
- 1/3 cup sliced black olives
- 1 1/2 cups ripe tomatoes, cut into large chunks

Dressing
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1 1/2 tsp honey
- Salt and pepper

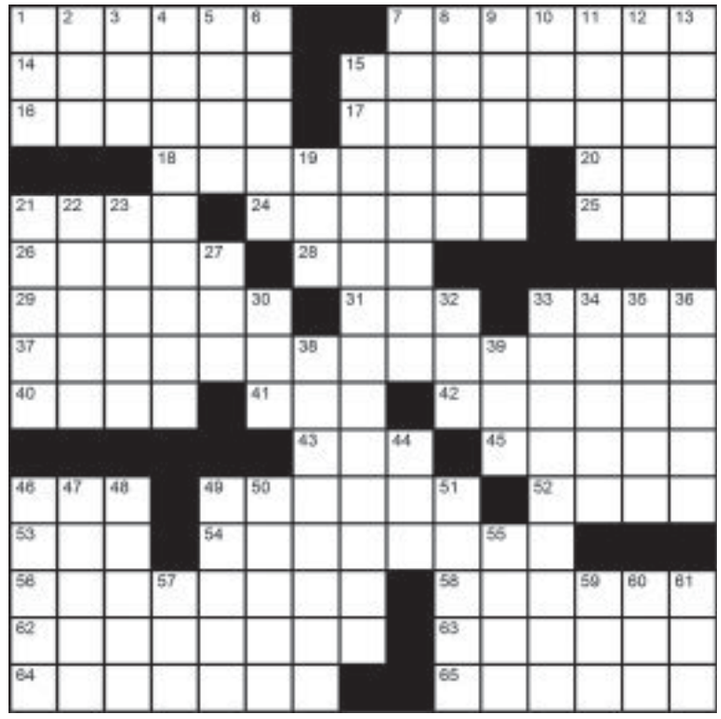
Directions
1. Add potatoes to a pot of water and bring to a boil. Boil for 12 to 15 minutes, just until tender. During last two minutes of cooking, add green beans. Drain and rinse with cold water until no longer warm. Slice potatoes in 1/4-inch thickness.
2. Meanwhile, grill steak until medium rare or done to your preference. Let rest for 10 minutes. Slice thinly.
3. Dressing: combine all ingredients in small bowl.
4. Add spinach to large serving platter. Add 2 Tbsp of mixed dressing. Place potatoes, beans and steak, olives and tomatoes over top spinach. Pour over remaining dressing.

Nutrition per serving
- Calories 230
- Protein 16 g
- Carbohydrates 18 g
- Fibre 3 g
- Total fat 11 g
- Cholesterol 25 mg
- Sodium 390 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Noise from an unclear radio station
7. Games galleries
14. Martial Art from Japan
15. Landline signal: 2 wds.
16. Beaches: French
17. Debate
18. Port city in Ontario where Dundurn Castle is located
20. __ generis (Unique, in Latin)
21. Do this as a craft
24. Tea type
25. Pantry item
26. Baseball feat
28. Louisiana's li'l locale
29. Muse of astronomy
31. Backup singer to Gladys
33. Nautical hook
37. Canadian singer/songwriter Lindi Ortega's new album: 2 wds.
40. Secondhand
41. Diamond stud locale
42. Elegant court dance
43. Booming times
45. With much merriment
46. Alphabetic trio
49. Seasoned stew sort
52. Chows
53. Veil heroine in ancient Greek myth
54. One who sets goals and meets them
56. Dreams up
58. Groucho Marx facial feature, hip-style
62. One receiving an induction
63. Teatime treat
64. Stupendous
65. From that point, archaically

DOWN
1. Tree drink
2. Poetic contraction
3. "_-_-_ Pablo" (Short-lived 1984 sitcom)
4. Constricted
5. Brain wave
6. Popular fashion mag
7. __-__-__ missile
8. Really criticize: 2 wds.
9. Held on
10. Bank-in-the-wall, commonly
11. Perform/accomplish, archaically
12. Boredom
13. __ __ order (Sort)
15. Swimmer of the North Pacific that appears to be an Orca because of its markings, but it's not, it's a what?: 2 wds.
19. Cash substitute letters
21. Name by which Cheops (the Pharaoh who commissioned the Great Pyramid of Giza) is also known
22. Ms. Ephron's
23. "_ __ it!" (Arriving-one's exclamation)
27. Free
30. Birthday celebrant's new number
32. Arthur Gordon __ (Edgar Allan Poe title character)
33. Canada Dry product: 2 wds.
34. "Be-Bop-_-__": Gene Vincent hit of 1956
35. England: London's famous __ Street
36. Lovely parties
38. "Last Comic Standing" audience reaction
39. By way of
44. Litigate
46. Canadian impressionist Mr. Little's
47. Snob
48. Large weight unit
49. French painter Mr. Dufy (b.1877 - d.1953)
50. Ghana's capital
51. Clicker-holder's target: 2 wds.
55. Engrave
57. Shortened title for Elvis' manager
59. Laura Linney flick, "You __ Count on Me" (2000)
60. __-_ (Fruit drink)
61. "..._ I saw Elba."

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It does not matter if others doubt your abilities — you know you have what it takes to succeed and no one and nothing can stop you. Today's Mars-Uranus link will multiply your confidence tenfold.

Taurus April 21 - May 21
Some will tell you that changes you made on the home front should now be changed back again but don't let them persuade you. You can already see that the future is more exciting.

Gemini May 22 - June 21
You won't hesitate to speak your mind today. Your words will be short, sharp and to the point — just make sure that what you say is backed up by facts.

Cancer June 22 - July 23
Your all-or-nothing attitude to situations will make sure you win and win handsomely. But take care you don't create resentment. Secret enemies are more dangerous than open ones.

Leo July 24 - Aug. 23
The whole world could be against you now and it would not worry you one little bit. Today, more than most days, you can accomplish remarkable things, because you have total self-belief.

Virgo Aug. 24 - Sept. 23
Someone is keeping a secret from you. The best way to find out what is going on is to feign indifference. If you pretend not to care they may let the cat out of the bag.

Libra Sept. 24 - Oct. 23
If you take a stand on an important issue today you will find that other people rally to your cause. Make this the day that you start to make a difference.

Scorpio Oct. 24 - Nov. 22
Today's Mars-Uranus link will bring you face-to-face with the kind of situation you usually go out of your way to avoid but if you confront it with courage and refuse to back down you will come through unscathed. To some you may even be a hero.

Sagittarius Nov. 23 - Dec. 21
You are in the mood to change your life for the better. A change of employment is possible and maybe a change of location too.

Capricorn Dec. 22 - Jan. 20
The changes you are working on may not be easy but you must stick with them because they will make your life better in so many ways. The only things you are liable to lose are things you no longer need.

Aquarius Jan. 21 - Feb. 19
You seem to be on the receiving end of other people's criticisms quite a lot of late. Ride out the storm and look forward to the time when you can point out that you were right and they were wrong.

Pisces Feb. 20 - March 20
The planets show you have been working too hard. Your priority is to rearrange your schedule so as to give yourself more time to relax.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3								2
		6				7		
	9	2	1		6	8	5	

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